

CALCIUM

Can you find these foods? They all contain calcium!
Calcium is good for strong bones and teeth.

E L R F K B R A Z I L N U T S
J Q S R T X E Y U W S T Y F P
R E E B R O C C O L I C J S L
I P R G Q W Z U I G N H K D F
C I W O P F D O F M G E O H R
O W U S T A L M O N D E N I T
T Z Y A U F J K D G F S H O Y
T U I K S O I C O I N E B A B
A L O L P R E S K S P B O B V
K F T M I L K A B E O H K O C
L H T F N D Q I J N B G C P D
B O A S A W V C E R D N H I S
O W T H C Y T O F G U E O B A
L S O M H T O E S C H A Y T E
N E P U N I F E D A W I N O I
D B K N B F U Y O T L J P T G
I A L D E A L K O Q U M L U E
E K I G V J B U T G K B O Y D
S F Q R F Q O T H D H I A N O
G A B R Y V A R E I B U F L D
C H E D D A R J L Y E R R P F
H Q P I F U K O U P A V B T T
T A H I N I L S A R D I N E S
F R U T D E Y E R T C S U Y U

MILK
CHEESE
SARDINES
SPINACH
TOFU

DAIRY
BRAZIL NUTS
TAHINI
RICOTTA
SALMON

ALMOND
BOK CHOY
CHEDDAR
YOGHURT
BROCCOLI